

# Heart Power

## How to Take Your Pulse

- Place your first and second fingers on the inside of your wrist and press gently.
- Count the number of beats you feel in 15 seconds.
- Multiply that number by 4.
- This is your heart rate in beats per minute.



*Developed by: Denise Zimmer, RD, Eat Smart Be Smart Guide: Lesson 2nd—Heart Power.*

# Eat Smart Be Smart